

W/C 18 November 19
onwards >>>

FITNESS CLASSES

MONDAY

Aqua Blast 8.15am - 9.00am Kelly Penn (S/P)
Gentle Stretch & Tone 8.45am - 9.45am Rachel Klein (F/S)
Aqua Fit 9.00am - 9.45am Kelly Penn (S/P)
Circuits 9.30am - 10.30am Tim Offer (M/H)
Indoor Cycling 10.35am - 11.15am Sophie Walker (S/S)
Functional Fitness 11.30am - 12.15pm Caroline McKenzie (F/S) (T/T)
Pure Stretch 12.20pm - 1.05pm Caroline McKenzie (F/S) (T/T)
Body Pump Express • 5.30pm - 6.15pm Rikki Walden (F/S)
Indoor Cycling 6.15pm - 6.55pm Jo Dimarco (S/S)
Abs & Core 6.20pm - 6.50pm Rikki Walden (F/S)
Yoga 7.00pm - 8.00pm Gaia Madden (F/S) ◆
Circuits 7.00pm - 8.00pm Rikki Walden (M/H)
Indoor Cycling 7.00pm - 7.40pm Jo Dimarco (S/S)
Aqua Fit 7.45pm - 8.30pm Kirstine Culpán (S/P)

TUESDAY

Indoor Cycling 6.35am - 7.15am Sophie Walker (S/S)
Legs, Bums & Tums 9.10am - 9.55am Kelly Penn (M/H) (T/T)
Indoor Cycling 9.30am - 10.10am Sascha Whiteley (S/S)
Aqua Fit 10.00am - 10.45am Lynn Hill (S/P)
Body Pump Express • 10.35am - 11.20am Ella Bolton (F/S)
Gentle Stretch & Tone 11.30am - 12.15pm Jane Alexander (F/S) *
Stretch & Relax 12.20pm - 1.05pm Jane Alexander (F/S) *
Boxercise 6.00pm - 6.45pm Sophie Walker (C/R)
PiYo 6.05pm - 6.50pm Clare Nicholas (F/S)
Indoor Cycling 6.10pm - 6.50pm Rikki Walden (S/S)
Insanity 6.50pm - 7.35pm Sophie Walker (C/R)
Body Pump • 7.00pm - 8.00pm Andy (F/S)
Aqua Fit 7.15pm - 8.00pm Lynn Hill (S/P)

WEDNESDAY

Insanity 6.30am - 7.15am Sophie Walker (F/S)
Zumba Gold 8.45am - 9.30am Jane Alexander (F/S)
Zumba Gold 9.30am - 10.25am Jane Alexander (F/S)
A Plan Workout 9.30am - 10.30am Tim Offer (M/H)
Body Pump Express • 6.15pm - 7.00pm Sophie Walker (F/S)
Indoor Cycling 6.15pm - 6.55pm Rikki Walden (S/S)
Circuits 7.00pm - 8.00pm Rikki Walden (M/H)
Zumba 7.10pm - 7.55pm Caroline McKenzie (F/S)
Indoor Cycling (Beg/Imp) 7.10pm - 7.50pm Sophie Walker (S/S)
Core Express ◎ 8.00pm - 8.30pm Caroline McKenzie (F/S)



THURSDAY

Indoor Cycling 6.35am - 7.15am Rikki Walden (S/S)
Gentle Stretch & Tone 8.30am - 9.25am Jane Alexander (F/S) *
Zumba 9.30am - 10.25am Jane Alexander (F/S)
Indoor Cycling 9.35am - 10.15am Tim Offer (S/S)
Body Pump Express • 10.30am - 11.15am Sophie Walker (F/S)
A Plan Workout 6.00pm - 6.45pm Tim Offer (C/R)
Zumba 6.10pm - 6.55pm Caroline McKenzie (F/S)
Indoor Cycling (Int) 6.20pm - 7.00pm Nikki Samways (S/S)
Legs, Bums & Tums 7.00pm - 7.45pm Nikki Samways (F/S)
Therapeutic Yoga 7.00pm - 8.00pm Gaia Madden (C/R) ◆
Aqua Circuits 7.30pm - 8.15pm Caroline McKenzie (S/P)



FRIDAY

Zumba 8.00am - 8.45am Kelly Penn (F/S)
Aqua Fit 8.50am - 9.35am Kelly Penn (S/P)
Gentle Stretch & Tone 9.15am - 10.15am Rachel Klein (F/S) *
Circuits 9.30am - 10.30am Tim Offer (M/H)
Aqua Fit 9.40am - 10.25am Kelly Penn (S/P)
PiYo 10.30am - 11.15am Clare Nicholas (F/S)
Body Pump Express • 5.30pm - 6.15pm Rikki Walden (F/S)
Indoor Cycling (Beg/Imp) 5.30pm - 6.10pm Sophie Walker (S/S)
Circuits 6.10pm - 6.55pm Tim Offer (M/H)
Insanity 6.20pm - 7.05pm Sophie Walker (F/S)
Aqua Fit 7.15pm - 8.00pm Lynn Hill (S/P)



SATURDAY

Body Pump • 8.55am - 9.55am Rikki Walden (F/S)
Indoor Cycling 10.00am - 10.40am Rikki Walden (S/S)
SUNDAY
Super Circuits 9.00am - 10.00am Sophie Walker (M/H)



Pilates Courses
See Reception/
Website for details.



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Fitness Class Fees - 2019 >>>

Gold Members	55/60 minutes	FREE	Over 50's Classes *	Gold Members	FREE
45 minutes	FREE	Bronze Members	£4.00		
30 minutes	FREE	Non Members	£5.50		
Bronze Members			Access To Leisure		
55/60 minutes	£4.50	55/60 minutes	£3.00		
45 minutes	£3.90	45 minutes	£2.70		
30 minutes	£3.40	30 minutes	£2.45		
Non Members			(exc Indoor Cycling & Pilates)		
55/60 minutes	£6.00				
45 minutes	£5.40				
30 minutes	£4.90				
Body Pump •			◎ = Participants to warm-up prior to class		
Gold Members	FREE				
Bronze Members	£4.55				
Non Members	£6.05				
(LIMITED NUMBERS)					
YOGA ◆					
Gold Members	£3.20				
Bronze Members	£4.50				
Non Members	£6.00				
(LIMITED NUMBERS)					
Indoor Cycling			Location Key >>>		
Gold Members	FREE	M/H	= Main Hall		
Bronze Members	£4.00	S/P	= Swimming Pool		
Non Members	£5.50	F/S	= Fitness Studio		
		S/S	= Spinning Studio		
		C/R	= Canford Room		
		(C)	= Course Fee		
		T/T	= Term Time Only		

Fitness Class Descriptions - All classes 16+ years >>>

Abs & Core > Strengthen the important muscles which help improve posture, prevent injury, improve performance and look better.

A Plan Workout > Includes hand weights and barbells in a combination of effective exercises to burn fat and increase strength. Total body workout which will improve your strength, mobility, fat loss and cardio vascular fitness.

Aqua Blast > This class is for you if you love AquaFit, but want to push yourself that bit harder. Not suitable for beginners

Aqua Circuits > A complete workout for all levels from beginners to advanced. Using noodles, water weights and straps to improve endurance, balance and fitness. Work at your own pace: hard or social. Serious or fun. You choose.

Aqua Fit (Kelly's) > A fun packed workout for all levels. To improve your muscle tone, core strength and flexibility. Using woggles and dumbbells to increase more resistance.

Aqua Fit (Lynn's) > A fast paced, fun class, set to music in the warmest pool in the area! Suitable for all levels of fitness.

Beginners Indoor Cycling > A class designed for new people/ novices who want to give Indoor Cycling a try, with clear and insightful instruction whilst having a lot of fun!

Body Pump/Body Pump Express > The original barbell class. Tones the whole body with hot sounds and compelling choreography for just about everybody.

Boxercise > The toning, stress busting workout that delivers the biggest punch!

Circuits > A complete workout for all levels from beginners to advanced. Using various pieces of equipment in a number of different class formats. Great for burning fat and improving muscle tone at the same time.

Core Express > A 30 minute class with real focus on your core muscles, to aid toning, strength and shape. Participants to warm-up prior to class.

Functional Fitness > Aerobic start followed by specific area toning and conditioning. Focus on muscles used in everyday activities & tasks. Great social atmosphere. All ages and abilities welcome.

Gentle Stretch and Tone > An aerobic, tone and trim session. Great social atmosphere. All ages and abilities welcome.

Gentle Stretch and Tone (Jane's) > An aerobic, tone and trim session (standing and mat based workout) ending with relaxation. Great social atmosphere. All adult ages and abilities welcome.

Indoor Cycling > Indoor studio cycling session. Highly motivating and a fantastic way to burn lots of calories.

Insanity > A total body circuit based workout to get you in the best shape of your life, both looking and performing.

Legs, Bums and Tums > Ladies it says it all in the title. Blitz those hard to hit areas.

Pilates > Helps to develop the awareness of our bodies enabling us to improve posture, core strength and flexibility. It builds strength from the inside out, working on deep postural muscles and neutral alignment.

PiYo LIVE > Inspired by the muscle-sculpting, core-firming benefits of Pilates and the strength and flexibility of flowing yoga movements, it's an innovative bodyweight workout that gives you so much more.

Pure Stretch > De-Stress in this low-intensity workout including full body stretch. A great class that aims to make you feel refreshed/ invigorated with improving flexibility and mobility. The class finishes with relaxation and breathing exercises to leave you calm and ready to face the week ahead. All ages and abilities welcome.

Stretch and Relax (Jane's) > De-stress in this full body stretch mainly mat based workout. Finish the class feeling refreshed with improved flexibility and mobility. The class finishes with relaxation and breathing exercises to leave you calm and ready for the week. All adult ages and abilities welcome.

Zumba > is a Latin-inspired, dance - fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system! This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits.

Zumba Gold > Takes the popular Latin-dance of Zumba, and makes it accessible for beginners to seniors. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Yoga/Therapeutic Yoga > Create balance throughout your body by developing both strength and flexibility via different poses and postures. Improve your flexibility, muscle tone and well-being in this new pay-as-you-go class!

Indoor Cycling Booking Rules >>>

Pre - 12noon Classes (Monday - Saturday)

Gold	Bookable by phone from 12noon previous day
Bronze	Bookable on arrival
Non Mem	Bookable on arrival

Evening Classes (Monday - Friday)

Gold	Bookable by phone from 8.00am on the day
Bronze	Bookable by phone from 12noon on the day
Non Mem	Bookable on arrival

If you are new to Indoor Cycling please arrive 5 minutes before the class is due to commence so that the instructor may assist you in selecting the correct seating positions and safety points.

N.B. Should a member having booked fail to fulfil their reservation, a £2.00 non-attendance charge will be levied and access to the Leisure Centre will be denied until the fee is paid. Customers may not book a space for another person.

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Fitness Classes

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